

Updated March 1, 2019





Schedules are posted on myxperiencefitness.com and the Xperience Fitness APP



# West Allis - GROUP EXERCISE CLASSES - (Jan-Mar)



## MAIN STUDIO


	MON	TUE	WED	THU	FRI	SAT	SUN
9:30 AM			YOGA <i>Silvia</i>		YOGA  <i>Silvia</i>	(8:00)**RIDE <i>Alyssa</i>	(9:00)**RIDE <i>Justine</i>
5:30 PM	Les Mills BODYPUMP <i>Gina</i>	YOGA <i>Laura</i>	**RIDE <i>Linda</i>	(5:00) **RIDE  <i>Joe</i>		(9:00) ZUMBA <i>Jesús</i>	(10:00) ** TOTAL BODY FITNESS <i>Stef</i>
6:45 PM	**RIDE <i>Laura</i>	ZUMBA <i>Rachel</i>	(6:30) Les Mills BODYPUMP <i>Thu Van</i>	(6:00) ZUMBA <i>Jessica</i>		(10:15) Les Mills BODYPUMP <i>Teri</i>	(11:00)**YOGA SCULPT  <i>Stef</i>
7:45 PM	ZUMBA  <i>Jackie</i>						

**- COLOR KEY -**

"VALUE PLUS / PLATINUM" MEMBERSHIP CLASSES

"FIT" MEMBERSHIP CLASSES

\*30 minute class    \*\*45 minute class

 Star --> XGX Connector Class (great for new members!)

BRING WATER, MAT AND TOWEL TO CLASSES

CLASS SCHEDULE SUBJECT TO CHANGE